



# MANAM 2k24

PRESENTS

## Mental Health Checkup Camp

Department of Social Sciences,  
School of Social Sciences and Languages,  
Vellore Institute of Technology, Vellore

Test your  
Emotional  
Intelligence

Are you  
experiencing  
burnout?  
Let's find out!

Understand your  
feelings with the  
Wheel of emotions

Talk to experts  
for helpful tips  
post checkup.

Registration link:

<https://forms.gle/u5Ux21MNEmnF6Jr27>

 **10th October 2024**

 **10 am to 5pm**

 **Foodys**

Organised by  
Dr. Poonam Sharma  
Dr. Mohd Owais Khan  
Dr. Soma Saha

Student organisers: Mahima Jha, Mahima  
Anna Varghese, Manish S, Kalaiyarasi R.  
and Maria Vinu

